

Eggplant Patties

Season: Autumn

Type: Side

Serves: 32 tastings

From the garden: Thyme, oregano & garlic

Class focus: Chopping, stripping herbs from the stems
& mashing beans



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Fork x 2 Colander x 1 Spray oil x 1 Baking paper Baking tray x 2 Serving plate x 5 Kitchen tong x 5</p>	<p>3 eggplants (skin-on, finely chopped) ¼ onion (finely chopped) 2 cloves garlic (minced) 2 sprigs thyme (leaves only) 2 sprigs oregano (leaves only, finely chopped) 2 cans Cannellini Beans (drained & mashed) 1 ½ cups breadcrumbs 2 cups grated cheese 6 tablespoons tomato sauce ¾ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Heat oven to 200C.
2. Wash the vegetable and herbs.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine all the ingredients in a large mixing bowl. Mixture will be slightly crumbly but if it is too dry to roll into balls, add 1-2 tablespoons of water.
5. Use your hands to roll a tablespoonful of mixture into a ball. Repeat.
6. You should get around 32 patties in total.
7. Place on lined baking trays, spray some oil on the patties and bake for 10 minutes, or until cooked through.
8. Serve patties in 5 serving plates with a kitchen tong in each.

Interesting terms:

Interesting techniques: Chopping, stripping herbs from the stems & mashing beans